



TRADITIONAL BUTTERY - Half Batch

(approximately 15 Butteries or 30 "snack" Butteries)

Ingredients

Dough Mixture

390g strong/bread flour
12g granulated sugar
15g fresh yeast or 1 sachet (7.5g) of dried yeast
300ml warm water

Fat Mixture

65g plain flour
16g salt
125g butter
125g lard
12g granulated sugar

Method

Dough Mixture

In a jug mix together the sugar, yeast and water. Place the flour in a bowl and add the liquid. Mix slowly until it comes together and the dough becomes malleable and tacky. If the dough seems too wet simply add a little extra flour. Knead the dough for a few minutes till it is smooth then place it in the bowl and cover with a clean tea towel and leave in a warm place to prove for 20 minutes. The dough will increase in size to about 1.5 times the original size.

Fat Mixture

Place all the ingredients in a bowl or mixer and mix together on a slow speed until a smooth paste is achieved. Cover and place in the fridge to chill.

Combine the Mixtures

Lightly flour a table/surface and spread the dough out by hand to form a rectangle at least A4 sized. Roughly spread or dab the fat mixture over the bottom 2/3 of the dough. Fold the remaining 1/3 over the middle (fatted) third and then fold the last 1/3 over so that the fat is all enclosed.

Using a dough scraper or large knife make deep cuts about 1.5cm apart into (but not completely through) the dough in a crisscross pattern. Use the blade to lift one side of the mixture (approx. a third) and fold it over the top then do the same with the other side. Repeat this chopping and folding process about 4 or 5 times until the fat and dough are mixed and you have a slightly stringy but not over incorporated dough.

Form the Butteries and Bake

With well-floured hands weigh about 70g for each buttry (or 35g for "snack" butteries) and press using your knuckles on to **well-greased** trays with no space between the rolls.

Allow to rest for about 15 minutes then bake at approx. 200-220 deg. C for 15-20 minutes until dark golden brown.

Take the trays from the oven and leave to cool completely before storing in an air-tight container.



CULLEN SKINK

Ingredients

500g cold smoked North Sea haddock
1 large potato, diced
1 large onion, sliced
1/2 leek, sliced
1 tablespoon lemon flavoured local rapeseed oil*
50g butter
350g full milk/cream mix
350g fish stock
1 fresh bay leaf
Salt and white pepper

Flaked Arbroath Smokies can be added at the end (hot smoked)

Method

Heat a pan then add the oil and melt the butter.

Add the sliced onions and leek and sweat them off until soft. You don't want any colour on them so use a low heat.

Add the potato, fish stock and bay leaf and then cook until the potato is tender.

Pour in the milk/cream mixture and half of the smoked fish flaked.

Bring to a gentle simmer and remove the bay leaf before blending to a smooth consistency.

Season to taste with salt and white pepper then add the remaining fish until cooked

Decorate with fresh dill or other suitable herb and lemon rapeseed oil if required

Alternatively, you can keep this soup 'Chunky' without blending it

* flavour it yourself